

The Senior Edition

May 2014 Volume 14 Issue 5



The Town of Shrewsbury's Council on Aging mission is to develop and support community activities which enhance the well-being of residents of the town who are age 60 or older.

Letter from the Director:

For our long time readers, I am sure you've noticed I usually start my column with some observation about our weather. We know the adage, "April showers bring May flowers"...so I'm very curious as to what April snow brings! Long time readers also likely know that 3 of my kids were adopted from Russia. I continue to track Moscow's weather daily and for nearly six months now, it's been warmer there than here. I find that extremely unfair! At any rate, it's May! Town Elections, Mother's Day, Town Meeting, Memorial Day! A busy month to be sure!

At the Senior Center, we'll be remembering some special people on Memorial Day. Since our last publication, we lost **Tom Caggiano**, a long time Senior Center volunteer. The Senior Center received generous donations in Tom's memory. **John Masiello, Sr**, head of Masiello Construction, also passed. Masiello Construction not only built our Senior Center, but the Holden Senior Center as well. We also lost **George Perry**, the Regional Veteran's Agent. Our deepest sympathies to their families.

We are fortunate to have so many talented, caring women in this community. Regardless of whether or not they are mothers, I hope you'll join me in celebrating all the special women in our lives this month!

—Sharon Yager



The American Speech-Language-Hearing Association states that hearing loss can be categorized by which part of the auditory system is damaged. There are three basic types of hearing loss: [conductive hearing loss](#), [sensorineural hearing loss](#), and [mixed hearing loss](#). – Learn more and get resources their website at: www.asha.org, or call 1-800-498-2071.

See page 3 for a talk we will be having at the Senior Center in regard to Better Hearing and Speech Month. The focus will be on the consequences of not addressing hearing loss. Free hearing screenings will follow the talk.



Friends of the Shrewsbury Senior Center, Inc.

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SHINE: Call the Senior Center for assistance

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Chuck Kilgore. Fran Rimkus, Maynard Rinker, Don Rondeau.

**Deadline for June
2014 Newsletter:
May 15**

Please Note: Information submitted to this newsletter may be edited and/or shortened by the Newsletter Committee. If you have something to submit, please do so by email: coavolun@shrewsburyma.gov. (Please note new e-mail address!) Decisions for publication are made by the Newsletter Committee. All submissions must include the original source of the material.

Senior Television Shows, SPAC-TV 28

Don't know what to watch on TV? Why not check out a local program made by Shrewsbury seniors.

Senior Center Events (1 hour): Tues at 3:30pm and 11:00pm, Saturdays at 3:00pm. Featuring the Friends of Shrewsbury, with Brian's Sound of Steel, & mid - May Bill Sbrogna

Seniors on the Move: (1/2 hour) Tues. at 2:00pm and Wed. 10am and Fri. 1:pm. Also, 1 hour program on Tues. 7am. Host : Karen McKenzie

Full schedule for Channel 28, as well as 29 (Educational Access) and 30 (Government Access) on the town's website: www.shrewsbury-ma.gov.

Outreach News

By Outreach Coordinator Walter Rice, LCSW

Call 508-841-8647 for any assistance you may need.

Your contact with me is confidential.

Small Home Repair Program (SHRP): Our long, difficult winter has certainly taken a toll on some people's steps and stairs, making them unsafe. Soon warm weather will be here and people will be looking to put screens, fans and air conditioners in. Don't try to take on these tasks yourself! Keep this helpful program in mind for these and other small repairs that can be done to keep you safely in your home. Contact Walter to explore the options that are available.

Stress Management Program: Stress can be overwhelming. At this group, what causes stress in your life is addressed. It can be loneliness, boredom, depression, anger, apathy, feelings of guilt and shame, worries about money, death, illness, fear, etc. We gather to listen and provide support with no judgments. You will learn new ways to increase your coping skills and gain support from others. The benefit from attending is stress reduction, trust and inner peace. Why not give it a try? Fridays at 1:00pm.

Spring Is Finally Here!

Fuel Assistance (SMOC): The Application deadline has been extended! Please note that new applications CANNOT be mailed. They can only be done in person with a person who has attended training. If you have received Fuel Assistance in the past, you should have received your re-application packet in the mail. If you did not, or if you need help filling it out, Walter can help. Remember that circumstances change so that even if you did not qualify in the past, you may now. It will not hurt to inquire. Also remember that the application process takes several weeks. PLEASE DO NOT wait until you have a heating crisis to see if you qualify for help.

Outreach Program Reminders:**Emergency List: Always Important!**

Our Emergency List consist of residents who want a well-being check in the event of severe weather or an unforeseen emergency, especially for anyone on oxygen or other life-sustaining equipment. Call to be added to the list.

TRIAD: Worried about what would happen to your pet if you needed to call 911? Please be assured the TRIAD has successfully addressed this need many times and the Animal Control Officer will make sure your animal(s) are properly cared for until your crisis is resolved. The TRIAD encourages you to contact Walter if you would like the officer to meet your pet(s) and learn about their needs for your peace of mind.

*The Outreach Program can provide emotional support and referrals to various services. You are NOT alone in dealing with whatever problem you may be facing.
Do not be afraid to ask for help!*

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of Massachusetts
House of Representatives




**State
Representative
Matt Beaton**

Local Office:
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www.rep matt beaton.com

Shrewsbury

Friends Men's Club



Thursdays 9 -11 AM

April, Free Health Screenings:

Please call to sign up!

5/13 10am: Chiropractic: Shrewsbury Chiropractic will screen you to show how chiropractic care may improve your quality of life.

5/13 1pm: Hearing: Peter Lee, Audiologist, will run hearing tests, clean hearing aids and change batteries.

Every Wednesday at Noon: Blood Pressure Screenings

New Class – Basic Drawing Step by Step, Wednesdays, 10am—11:30am:

Have you ever been frustrated when you try to draw? Find out why and the steps to discovering the hidden artist within you. Class will meet every Wednesday from 10-11:30am. Please sign up at the front desk or call 508-841-8640.

Fri., May 9th Movie and Lunch 11:30am

This month's feature is "Saving Mr. Banks". This film brings to life the untold true story about the origins of one of the most treasured Disney classics of all time. John Lee Hancock directs this acclaimed film, which reveals the surprising backstory behind the making of Mary Poppins. Determined to fulfill a promise to his daughters, Walt Disney (Tom Hanks) tries for twenty years to obtain the rights to author P.L. Travers' (Emma Thompson) beloved book. Armed with his iconic creative vision, Walt pulls out all the stops, but the uncompromising Travers won't budge. Only when he reaches into his own complicated childhood does Walt discover the truth about the ghosts that haunt Travers and together they set Mary Poppins free! Rated PG, (run time 2 hours, 5 mins.) This month's film is again sponsored by a generous anonymous donor. Call the Senior Center to reserve your seat and enjoy complimentary refreshments. Consider having lunch at the Village Café for \$2.50. *Reminder! We have over 100 movies available for sign-out. Please see the list at the front desk*

Tues., May 13th 12pm, Hearing Talk:

May is Better Hearing and Speech Month! Peter Lee, BC-HIS, of Professional Hearing Associates, has volunteered at the COA for over 20 years giving hearing screenings. He will give a talk on the consequences of not treating your hearing loss and take questions. Screenings will follow. Call to sign up!

Tues., May, 20th, 1:00pm, Friends of the Shrewsbury Senior Center Inc. Program:

The Main Event featuring Bill Sbrogna will provide a musical highlight for your listening pleasure. Bill performs some of the greatest songs made famous by Frank Sinatra, Dean Martin, Bobby Darin, Elvis and more. Bring a friend, or come and make a new friend, and relax and enjoy a program of nostalgia and fun. Refreshments will be served.

**Thurs., May 22th, Blood Drive, 2-**

8pm: One pint of blood can help to save up to three lives! Every two seconds someone needs

a blood transfusion. Adults of any age can donate! Call the Red Cross at 1-800-GIVE-LIFE.

Tues., May 27, Legal Clinic, 9am-12pm:

This month's volunteer elder law attorney is Nick Kaltsas. Slots fill quickly. Advance sign-up required, call the Senior Center to register.

Thurs., May 29th, 2:00 pm, Book Chat:

For this month's discussion please read the book "Bliss" by O.Z. Livaneli. Copies are available at the Shrewsbury Public Library's Circulation Desk.

Bocce is back! Tues., & Thurs., 9:00am:

Come meet for Bocce, it is fun and it's a great way to enjoy a lovely summer morning. Just walk around to the back of the Senior Center and you'll find the Bocce courts. Both experienced and inexperienced players are welcome.

Free Passes Courtesy of the Shrewsbury Cultural Council:

A limited number of admission passes to the Fruitlands Museums have been given to the COA. Call if interested and take advantage of this generous offer to enjoy this beautiful museum in Harvard, MA!

June Community Dinner:

At press time, the Shrewsbury Rotary Club announced they were sponsoring another dinner in June. The date was unavailable at press time, but is expected to be during the first week of June. Call the Senior Center for details!

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CARES Column

(Consumer Awareness and Resources for Elders in Shrewsbury)

By Dave Grillo, CARES Coordinator

Please assume that **any** threatening telephone call or e-mail from someone claiming to represent law enforcement, the Internal Revenue Service, SELCO (or other utility), or any other agency is a scam. Typically, this caper involves a threat (you will be imprisoned, fined, lose service, etc.) and a demand for instant payment from a prepaid card. The card you must buy and use is specified, and once you purchase it and supply the thief with information from the card, the potential thief becomes a successful one; he/she has stolen the cash proceeds of the card. You, the victim, are out the costly amount of what you paid for the card. This scam is prevalent. Law enforcement agencies, the IRS, SELCO, and every other legitimate entity will always send you a mailed letter if there is a problem affecting you. Don't be fooled. If you should still feel unsure, find a legitimate phone number for the agency the caller/e-mailer claims to represent, and then call that number to question its credibility. You can also call the Shrewsbury Police for assistance.

The "Consumer Alert" column of March 9th in the *Boston Sunday Globe* (my employer) addressed the problem of subscription renewal notices that arrive long before a subscription expires. These notices confuse many of us into renewing for a period in which our subscriptions are already paid for. Also, third parties—not associated with the publisher—often make renewal offers for the same publication that are more costly than the direct offers from the publisher. The *Globe* column states that elders with memory problems are most vulnerable. It advises consumers to "[b]e careful when you get a magazine renewal offer. Be sure your subscription is really expiring." Prices from third parties may or may not beat those of the publisher. I keep a list of all my subscriptions, their expiration dates, and the party through whom I subscribed in order to avoid confusion.

Spring solicitations from individuals offering roofing, siding and driveway paving are as sure as budding crocuses and flowering forsythia bushes. Many unfortunate homeowners will be victimized by unsolicited offers from thieves who "happened to be driving by and noticed" something wrong with your house, your driveway, or your landscape. Don't be fooled. If you are interested, get all the information you can—costs, work to be done, names, location of the business—and check it out before you hand over any money. Don't fall for their "now or never" pitch.

Volunteer Corner with Volunteer Coordinator Stacey Lavelly 508-841-8758

Council On Aging May 2014 Volunteer Opportunities

May flowers are here and this is the perfect time to get out and about! Meet new people and take on new challenges as a volunteer at the Shrewsbury Senior Center. If you do not see something that interests you below, call me and we can explore other options.



Newsletter MAIL DAY Team - We are in dire need of people to join the Mail Day team to assist in the process of getting our monthly newsletter out to seniors in Shrewsbury. No experience is necessary, just a positive attitude and the ability to work well with others. Our current coordinator is still onboard and will train the team to takeover. This team is involved in the process of getting the newsletters prepared and ready to go to the post office. We also need volunteers to bring the newsletters to the sorting facility here in Shrewsbury to be mailed after the labeling is done.



Meals On Wheels - Volunteer Drivers : We are in dire need of a few good drivers to deliver meals to homebound seniors. If you have one day a week I would love to hear from you! Shifts are available Monday – Friday with a start time of 9:15am and ending before noon.



Fill-in Receptionists : We are in need of fill-in receptionists at the front desk of the Shrewsbury Senior Center. Duties include answering phones and helping people who come to the reception desk. No computer experience is necessary – just a pleasant demeanor and dependability!

Please call or email me at volunteerjobs@gmail.com if you are interested in any of these opportunities.

Sherwood Middle School Her Story/His Story Day
Sherwood Middle School is looking for 35 seniors to come in on Friday, June 13, 2014 to discuss their memories of Shrewsbury when they were younger. This would be a great way to take a peek at the all new Sherwood Middle School. If you are interested, please contact Erin Hruskoci at 508-845-3639 or ehruskoci@shrewsbury.k12.ma.us and if she is not available you can call Kelly O'Connell at 508-841-8688 or koconnell@shrewsbury.k12.ma.us

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TRAVEL

Seniors On The Go: For more info, please contact Dave Stevens at 508-869-6830. You may also go on-line at: www.boylstonseniorsonthego.com.

June 26th: "Billy Elliot" at the Ogunquit Playhouse with lunch at Jonathan's Restaurant. Features Elton John's spectacular score and inspirational story. \$110.00 p/p includes transportation, show, luncheon and a stop at "When Pigs Fly" Bakery.

July 13-22: "Shades of Ireland" - We still have a few spaces available for our wonderful trip to Erin's Isle. Price of \$3499.00, (dbl) includes pick-up in Shrewsbury, airfare from Logan to Dublin, 10 days 13 meals.

August 27, "Mary Poppins" the musical at The Ogunquit Playhouse with lunch at Jonathan's Restaurant. Mary Poppins has captivated audiences for generations, and now the enchanting story, unforgettable songs and dance numbers will delight everyone. Believe in the magic! Price of \$110.00 p/p includes transportation, show, luncheon and a stop at When Pigs Fly Bakery

The Happy Travelers: Bus trips for the over 50 traveler. Pick up brochures at the West Boylston or Shrewsbury Senior Centers. Call Gladys Merrow at (508) 835-4312 if you have any questions or want to reserve a seat. Driver gratuity & cancellation waiver fee included in all of our day trips.

May 31st, Culinary Institute & guided tour of F.D.R.'s home @ \$110.00 /pp.

June 21st, Cape Cod Canal Cruise, Sandwich Glass Museum, Lunch at the Daniel Webster Inn @ \$83.00/pp.

July 20th, Maine Lobster bake at the Bull & Claw, Wells & Ogunquit @ \$77.00/pp

Aug 17th, Boston Duck Tour, Swan Boats with lunch at Maggianos' @ \$90/pp.

Over night trips:

June 24-July 1st, American Cowboy Country, Wyoming & South Dakota for pricing see brochure.

Aug. 23-30th, Mackinac Island, Dearborn, Frankenmuth, for pricing see brochure.

Bob Zinkus 2014 Trips: **May 4th:** Newport Playhouse "My Husband's Wild Desires-Enjoy the fine food and also the "cabaret" show. Laughs galore! 2 shows one price\$81.pp. **May 15-18:** Ottawa Tulip Festival, 3 nights at the Lord Elgin Hotel, equipped with amenities and indoor pool, 3 dinners. Cruise the Rideau Canal (Venice of America) \$589. pp. (dbl) Call 508-757-1210 or zworchester@verizon.net.

Friends of Shrewsbury Senior Center, Inc.

Please use the form below to re-new your present membership or to join for the first time. Please note that dues has increased to \$10. The Friends would like to thank the people that continue to send in donations for the newsletter. It is greatly appreciated.

Membership cards are kept in a file box at the front desk.

Please check off one/both!

Enclosed are:

☐ \$ 10.00 My 2013-2014 Dues

☐ \$ My contribution for *The Senior Edition* newsletter.

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If you have not received your membership card please go to the front desk and ask for it. Thank you for being a member of the Friends.

Trip to Foxwoods Casino, May 7th, 8am

Foxwoods Casino with the Men's Friends Club. Depart at Shrewsbury Senior Center. Sign up at the front desk or with Joe Montecalvo and pick your seat. \$22 per person, incl. \$10 food coupon and \$10 Keno tickets. Payment is needed at sign-up to avoid overbooking. NO refunds. Call Joe at 508-234-5162. **Parking spaces at the Senior Center are limited so please car pool.**

**Free Coffee, Donuts and**

Muffins when you help us stick the mailing labels on *The Senior Edition Newsletter*. The monthly mailing date is the LAST FRIDAY of each and every month at 8:30am. Come join in a fun two hours!

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May 2 - 4 Westborough Players Club presents "Ordinary People". The Friday and Saturday performances begin at 8:00 p.m., and the Sunday matinee begins at 2:00 p.m. Performances are held at Gibbons Middle School, 20 Fisher Street, Westborough, MA. Tickets are \$18 for adults and \$16 for students and seniors. Tickets can be reserved by calling (508) 475-9725 or by emailing Tickets@Westboroughplayers.com. For more information please visit <http://westboroughplayers.com/>

Sat., May 3rd, Shrewsbury Public Schools

Visual Art Festival: Will be held at the Shrewsbury Senior Center on Sat., **May 3rd** from 10am -2:00pm. Students K-8 grade will display their beautiful art creations. We hope to see you there.

Friday, May 16, at 8 pm ASSABET VALLEY MASTERSINGERS Presents:

CHORAL CONCERT - **Handel & Gjeilo:** Brilliance in Youth, with Orchestra Robert P. Eaton, Artistic Director Jean Danton, soprano Pamela Dellal, mezzo. **SUNRISE: SYMPHONIC MASS** – Ola Gjeilo *DIXIT DOMINUS (Psalm 110)* – G.F. Handel. Location, St. Luke the Evangelist Church, 70 West Main St. (Rte. 30), Westborough. Tickets: \$25; \$20 Students/Seniors, \$3 advance discount or with WGBH Member Card at door. Information: (978)-562-9838 or www.AVMSingers.org.

Sat., May 17th, 9:00am - 12:00pm, Garden

Club Plant Sale: Find all you need to get gardening this season at the Garden Club's Annual Plant Sale. Over 1000 perennial plants, annuals vegetables, herbs, geraniums, hanging baskets and memorial planters. Saturday, May 17, 2014 9:00am- Noon, Shrewsbury Senior Center Parking Lot.

Sat., May 17th - 8:30am to 1:30pm, Mt

Olivet's Annual "Attic Treasures" Sale: Lots of treasures to be found including household items, toys, jewelry, and much more. No early birds please! Rain or Shine. Mt Olivet Lutheran Church, 34 Prospect Street, Shrewsbury. Questions can be directed to the church office phone: 842-2731 or e-mail: office_mtolivet@townisp.com

Shrewsbury Friends Men's Club:

Open to all men who live or worked in Shrewsbury! Come join us at the Senior Center where you'll enjoy an interesting speaker, good friends and refreshments! Information provided by Charles Fenno. Speakers for the month of May will be:

5/1: Group discussion on Proposition 2 1/2

5/8: Senator Michael Moore

5/15: Frank Saba, CEO Milford Hospital

5/22: Frank Conine Worcester County Mosquito Control Office

Saturday, June 7th 7:30pm: Master Singers of Worcester presents, "North American Song" and will be held at Salem Covenant Church, 215 East Mountain St., Worcester, MA. This concert showcases folk songs of Appalachia, spirituals, and selections from the Great American Songbook, including works of Berlin, Kern and Cole Porter. Selections from Canada & Mexico highlight the rich diversity of North America music. Tickets \$25. Adults: \$20. Senior/Student. Advance concert and season tickets available at www.mswma.org. For more information call 508-842-1349.

Town Spring Announcements:

2014 SPRING YARD WASTE PICK-UP PROGRAM: Yard waste will be picked up at the curb on your regular rubbish collection day during the following weeks: **April 28 thru May 2, May 12 thru May 16** - Yard waste (leaves and grass ONLY) must be in the 30 gallon paper lawn & leaf bags and lined up at the curb by 7:00 A.M. Brush will also be picked up if it meets the following criteria: No larger than three inches in diameter. Cut into four foot lengths securely tied into bundles.



Asian Longhorned Beetle (ALB) Cooperative Eradication Program: ALB surveys are currently being conducted and will continue over the next few months in Shrewsbury with a concentration in the Southeast corner of town. ALB personnel wear vests with USDA or DCR written on the back. In addition, personnel may knock on resident's doors to identify themselves. If residents have questions or would like more information about the program, please contact the Program Coordinator for the MA ALB Cooperative Eradication Program at 508-852-8090. Their office is located at 151 West Boylston Drive, Worcester, MA 01606.

Reminder: Town Elections are May 6th! Call the Senior Center or Town Clerk's Office if you are unsure of your precinct!

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Support Group Meetings Available \

Tues., May 6th: Bereavement Support Group, Notre Dame Hospice. Du Lac Assisted Living, 555 Plantation St., Worcester. 3-4:30pm (508-852-5505)

-Dementia and Alzheimer Program for spouses of individuals with memory impairments, Dodge Park, 110 Randolph Rd, Worcester, 6-8 pm (508-853-8180)

Tues., May 13th:

-Support Group for Grandparents Raising Grandchildren, 6-8pm YWCA, 1 Salem Sq., Worcester, (508-756-1545) Free childcare is provided.

Thurs., May 8th:

-Worcester Prostate Cancer Support Group, UMass Med School, 55 Lake Ave North, Ambulatory Care Center, Worcester, MA 6:00-7:30 pm. Contact is Carl Barstow (508-835-3390).

-Caregivers Support Group, Saint Francis Adult Day Health, Worcester, MA 7-8:30 pm. (508-752-2546)

-Low Vision Support Group, Northborough Senior Center, Northborough, MA 1-3 pm. (508-393-5035)

-Alzheimer's Carepartners or Early Stage Alzheimer's Patients, Whitney Place, Westborough, MA 10:30 am-12:00 pm. (508-836-4354).

Thurs., May 8th & 22nd :

-Family/Care-partner Alzheimer's Support Group, Whitney Place, Westborough, Second and Forth Thursdays, 2:00 - 4:00pm & 7-8:30pm , 508-836-4354 extension: 3543

May 9th: Alzheimer's Caregivers Support Group. Provides information & education on Alzheimer's disease. Second Monday of each month 6:00pm - 8:00pm. Location: Pleasantries Adult Day Services, 195 Reservoir St. Marlborough. Pre-screening by phone is required prior to attending. Contact Tammy Pozerycki at 508-481-0809.

May 12th:

-Look Good/Feel Better Cancer Group, St. Vincent Hospital at Worcester Medical Center, 123 Summer St., Worcester, 10am-12pm, (508-865-9832)

-Bereavement Group, Northborough Senior Center. Contact Carol Recchion, (508-754-0052) 10-11:30 am

Mon., May 12th:

-Better Breathers Support Group, Whittier Rehabilitation, Westborough, MA 2:00pm.(508-871-2134)

-Alzheimer's and Memory Loss Support Group 1:30-3 pm. Beaumont Rehabilitation and Skilled Nursing Center, 85 Beaumont Dr., Northbridge. (508-234-6481)

Wed., May 14th: Central Massachusetts LBD Caregivers Support Group, Southgate at Shrewsbury, 30 Julio Drive, Shrewsbury, MA 6:30- 8 pm. (508-735-2059)

Fri., May 16th:

Low Vision Support Group, Worcester Senior Center, Worcester, MA 10 am-12 pm (508-854-1734)

News from SHINE May2014

Ed Roth, Regional SHINE Coordinator

Need help with prescription drug costs?

Prescription Advantage may be your answer!

Prescription Advantage is a State-run program which helps many seniors pay for their prescription drugs. Eligibility is based on **income only** and there is **no asset limit!** **Who can join?** If you are a **Massachusetts resident, eligible for Medicare**, and are: 65 years or older with an annual income at or less than \$58,350 for a single person or \$78,650 for a married couple or under 65 years and disabled, with an annual income at or less than \$21,940 for a single person or \$29,572 for a married couple.

If you are 65 years or older and **not eligible for Medicare**, you can also join and there is **no income limit**. There is **no charge** for joining Prescription Advantage, if you have an annual income at or less than \$35,010 for a single person and \$47,190 for a married couple. There is a \$200 per person annual enrollment fee for those with higher incomes.

Call Prescription Advantage today to enroll on the phone or ask for an application form. You can reach Prescription Advantage at 1-800-AGE-INFO (1-800-243-4636), then press or say 2.

If you need help on any aspect of your health insurance, SHINE offers free counseling at the Senior Center . Call and ask for a SHINE appointment. You can also reach a SHINE volunteer at 1-800-AGE-INFO (1-800-243-4636). If you get the SHINE voice mail, leave your name and phone number and a counselor will call you back as soon as possible.. SHINE (Serving the Health Information of Elders) is coordinated by the Massachusetts Executive Office of Elder Affairs in partnership with the Friends of the Milford Senior Center, The Massachusetts Councils on Aging, and other local agencies.

Do you know an extraordinary volunteer age 50 or older?

Show your appreciation by nominating him or her for the 2014 AARP Massachusetts Andrus Award for Community Service! This prestigious award recognizes one individual or couple in MA each year for sharing their experience, talent and skills in ways that significantly enrich the lives others. Nomination deadline is Sunday, June 1st. For information, eligibility requirements and nomination forms, visit AARP.org/AndrusAward or call 1-866-448-3621.



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508-845-6226

Britton Wallace
Funeral Home
91 Central St. Auburn
508-832-4420

Shrewsbury Senior

Mondays
11am
Join Us!

Citizen's Club




May 2014

On-Going Activities

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-11:30 Roger's Coffee Shop 9:30 Piece Makers 11-1:00 SSC Club (Bingo) 11:30 Whist 12:00 Mahjong 1:45 - 3:45 Seniors in Session (<i>Current Event Group</i>)	8:00 Beginners Tai Chi (no 6th) 9:00 Bocce 9:15 Zumba Gold (no 6th) 9-11:30 Roger's Coffee Shop 10-12:00 Independent Artists 10:20 Belly Dancing (no 6th) 12-1:30 Painting with Elaine 1:45-3:15 Art is 4 Every1 12:30-4:00 Duplicate Bridge 2:00 Men's Billiards	8:30 Advanced Tai Chi 9-11:30 Roger's Coffee Shop 9:30-10:30 Fitness & Nutrition 10-11:30 Basic Drawing (no 28th) 11:00 Yoga 12:00-1:00 BP/ Weight Screening 12:30 Beginners Bridge 1:00-2:00 Pilates (no 7th) 1:00-3:30 Whist 2:30 Country/Western Dance	9-11:30 Roger's Coffee Shop 9:00 Friends Men's Club 9:00 Bocce 9:30 Scrapbooking Group 11:30 Open Mic Jam 1:00 Pitch 1:00 Beginner Mahjong 2:00 Men's Billiards	9-11:30 Roger's Coffee Shop 9:00 Bid Whist 10:00 Writers Workshop 12:00 Mahjong 1:00 Stress Management 1:15- 1:45 Healing Meditation 1-3:00 Busy Hands (Knitting) 2:00 Men's Billiards 2:00-3:00 Exercise for Seniors

***Parks and Recreation Activity** Participants must register at the Parks Dept. 508-841-8503

PLEASE NOTE: All special monthly activities, meetings and screenings appear on this calendar. Call the Senior Center at (508) 841-8640 to sign up for screenings, clinics, and special events. The entrée at the village café is listed each day. To reserve your meal, please call the Café Office at (508) 841-8757. All reservations must be made by noon (2) business days in advance. Meal menu may change without notice. NOTICE: Meal cost has increased to \$2.50.				
5	6 7:00am - 8:00pm Town Election Van Trip: Walmart	7 8:00 Foxwoods Casino 10:00 Basic Drawing	8	9 11:30 Movie and Lunch
12	Potato Crunch Fish Mother's Day Roast Turkey & Gravy	Beef & Onion Gravy Fish Filet on a Bun	Pork w/Rosemary Gravy	Chicken Fricassee
19	Chicken Chow Mein	Macaroni & Cheese	Meatloaf & Gravy	Chicken Pot Pie
26 Memorial Day All Municipal Offices Are Closed	27 9:00am Legal Clinic	28	29	30
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		Pasta Primavera	Salmon Boat w/Dill Sauce	Lemon Pepper Fish
		Beef Stew	Pork w/Stuffing & Gravy	Chicken Pot Pie
		Cheese/Spinach Omelet	2:00-8:00 Red Cross Blood Drive	Chicken Pot Pie
		21 Van Trip: White City Plaza 9:00-12:00 Legal Clinic 1:00 Friends Inc. Meeting	22 2:00-8:00 Red Cross Blood Drive	23
		14 9:30 COA Board Meeting	15	16
		Hot Dog on a Bun	Pork w/Rosemary Gravy	Chicken Fricassee
		7 8:00 Foxwoods Casino 10:00 Basic Drawing	8	9 11:30 Movie and Lunch
		Beef & Onion Gravy	Pork w/Rosemary Gravy	Chicken Fricassee
		13 10:00 Spinal Screening 12:00 Hearing Talk 1:00 Hearing Screening	14 9:30 COA Board Meeting	15
		Fish Filet on a Bun	Cheese/Spinach Omelet	Chicken Pot Pie
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